

my COPING skills

1.

How does your body feel when you are angry (e.g., does your heart speed up, do you begin to feel hot, do you clench your jaw or fists)?

2.

If you feel like yelling, hitting, or running away, try to calm down your body by doing these things:

- Imagine your body becoming soft and relaxed, like a spaghetti noodle.
- Take a few deep breaths. Count to 20.
- Take a break from what you are doing. If you can't take a break from what you are doing, continue to take deep, slow breaths and continue to count up to 20 and back down to 0.

3.

What are things you enjoy doing (e.g., drawing, painting, playing outside)? Write down three activities you can do to feel better when you are angry.

From the experts at



boystown.org/parenting

***Remember:** The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.